2020 - 2021
Parent & Family Guide

SACRAMENTO STATE
Redefine the Possible

About this Guide

Parents & Families Program

Family Helpline: (916)278-3399
Email: parentsfamilies@csus.edu
Web: csus.edu/parents

Lassen Hall 2205-O
6000 J Street
Sacramento, CA 95819

Haley Myers Dillon, Director
(916)278-4353
haley.myers@csus.edu

Facebook: SacState.Parents
Twitter: @SacState.Parents
Instagram: csus.families

SACRAMENTO
STATE

THE SERVERY AT THE DINING COMMONS

Fresh, healthy meals every day

The Servery in the Dining Commons offers a variety of quality, fresh foods with healthy meal choices in a relaxed, contemporary setting. For breakfast, lunch, and dinner, students can choose a meal from a selection of cooking stations and watch while it's prepared, or make their own.

Daily digital menus include both new and familiar foods like short order favorites, Mongolian stir fry, fresh-made pizza, pasta with homemade sauces, carved meats, salads, grains, and more. Desserts and students' must-have hot and cold beverages are always available, with or without a meal.

The Servery is the next best thing to home cooking!

SAC STATE Campus DINING

Follow Sac State Dining

University Enterprises, Inc.
SACRAMENTO STATE

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Welcome Sac State Parents and Family Members!

Dear Sacramento State Family Member,

Welcome to Sacramento State and to the Hornet Family. I am pleased that you and your student are joining our University. I know that the spring of 2020 brought unprecedented challenges for families, and we are pleased that your student has chosen to move forward with pursuing a higher education at Sac State, even in uncertain times, and during unusual circumstances.

Normally, I would invite you to get involved with our students and to participate in events on our beautiful campus, but this has not been a normal year, and it is uncertain when we can be together on our campus again. For now, I invite you to explore our university through virtual activities and online groups. Your student is joining a strong Hornet Family, and we look forward to our next family gathering.

I understand that sending a student off to college can be a time of worry and concern, even in the best of times. I invite you to be engaged and active here at Sac State so that you can see who we are and how deeply we care for your student. Our campus is an inclusive community, and it is important to us that you and your student feel welcome here.

There are many ways for you to engage with the campus community, but the most significant way is through the Parent Ambassadors. Parent Ambassadors create parent-to-parent connections, volunteer at campus events, and provide advice and support for other parents and family members transitioning students into college.

Our Hornet Family is strong because of the community that supports it, and that community includes you. The success of our students is our utmost priority, and while we provide many services to assist them academically, mentally, physically, and financially, we know that there is no greater support than that of family and the people who love them.

Your student is beginning an exciting journey. I look forward to seeing you, virtually for now, and on campus soon, taking an active role during a wonderful time in your student's life. Welcome to the Hornet Family and Stingers Up!

Sincerely,

Robert S. Nelsen
President

Campus Points of Pride

Capitol Fellows Program

The nationally recognized Capitol Fellows Program places recent graduates in fellowships in the legislative, judicial, and executive branches of state government, for which the fellows earn graduate degree credit to Sac State's Master of Public Policy and Administration degree.

Carlsen Center for Innovation and Entrepreneurship

The Carlsen Center is the hub for students to innovate and practice entrepreneurship with professional programs throughout the Sacramento Region.

Athletics

All 19 of Sacramento State's intercollegiate teams play at the Division I level. Academically, Sacramento State student-athletes on average have a higher GPA than the general student body and graduate at a greater rate.

The WELL

The WELL is home to Sac State's recreation center, supporting student and staff wellness through fitness and social activities. It partners with ASI Peak Adventures and Student Health and Counseling Services to help students prioritize their personal wellbeing along with academic success.

Ernest E. Tschannen Science Complex

With its grand opening Fall 2019, the Tschannen Science Complex features brand-new biology, chemistry and engineering labs as well as a planetarium and observatory perfect for visitor field trips.

Veterans

Sac State serves a student veteran and dependent population of more than 1,300 students.

ASI Food Pantry

The ASI Food Pantry provides food-insecure students with free food and toiletries. Items can be picked up once per week with a valid OneCard, and have point values assigned to them. Students are allowed 16 points weekly. asi.csus.edu/programs/food-pantry

Hispanic-Serving Institution (HSI) and Asian American Native American Pacific Islander-Serving Institutions (AANAPISI)

Sac State has both of these a federal designations. HSI means we serve at least 25 percent Hispanic undergraduate full-time equivalent students; the AANAPISI designation means we serve at least 10 percent Asian American or Native American Pacific Islander undergraduate students. These designations make our campus eligible for certain federal funds from the U.S. Department of Education.

Natural Beauty

Our beautiful campus has more than 3,500 trees and is designated as a "National Tree Campus." The campus is situated next to more than 25 miles of trails along the American River.

Campus Profile

Students

31K+
Total Enrolled

90.6%
Undergraduates

56%
Women

9.3%
Grad Students

44%
Men

30%
First Generation

46%*
Pell-eligible

Faculty

765
Full-time

1,083
Part-time

1:25
Faculty/Student

20–29
Students per class

*Low-income students who are eligible to receive federal need-based grants

*https://www.csus.edu/president/institutional-research-effectiveness-planning/dashboards/enrollment.html

Ethnicity

32.3%
Hispanic

15%
Other/Multiracial

25.7%
White

5.9%
African American

20.8%
Asian American

0.3%
American Indian

Programs offered

58

Undergraduate Majors

Most popular:
biology, communication studies, criminal justice, pre-nursing, psychology

41

Graduate Programs

Most popular:
computer science, nursing, physical therapy, social work, teacher education

Tuition & Fees
per semester**

Undergraduates

$2,478 *(up to 6 units)*
$3,684 *(over 6 units)*

Credential Program

$2,745 *(up to 6 units)*
$4,143 *(over 6 units)*

Post-Baccalaureate

(includes 2nd bachelor's)

$2,895 *(up to 6 units)*
$4,401 *(over 6 units)*

*From Sacramento State's "Common Data Set – 2018" and "CSU Student Success Dashboard" 3/26/20 for Sacramento: https://csusuccess.dashboards.calstate.edu/public/csu-by-the-numbers/student-populations

**Tuition and mandatory campus fees per semester for Spring 2020, may increase up to 10% the following year

Meal plans just right for your student

Whether your student is living on or off campus, there's a meal plan to meet their needs. Sac State Campus Dining offers four meal plans with flexible, economical, and nutritious meal choices.

Choose the plan that best fits your student's needs and budget!

SAVE WITH THE FLEX PLAN

The economical Flex Plan is for students living on and off campus and members of the Sac State community.

The initial cost is $50, but your student's meal card value is $55. Every time they reload their card, they'll save 10%!

For a list of eateries accepting Flex$ or more information about Sac State Campus Dining meal plans, including costs, visit **dining.csus.edu/meal-plans**.

Flex Plans

15 GOLD PLAN
Approx. 15 meals per week

10 GREEN PLAN
Approx. 10 meals per week

8 INDEPENDENCE PLAN
Approx. 8 meals per week

ALL MEAL PLANS INCLUDE FLEX$!

SAC STATE Campus DINING

Follow Sac State Dining

University Enterprises, Inc.
SACRAMENTO STATE

The Parents & Families Program

The Parents & Families Program serves parents and families of enrolled students, and students-with-children. We promote information to empower, help create a sense of community, provide interactive roles for families within and beyond the campus community, provide customer service to navigate the University, and work on complex problems. These strategies aid student success and generate support and goodwill for the campus.

Communications

Informative, monthly e-newsletter – sign up online at csus.edu/parents. Published August–December and February–May.

Follow our SacState.Parents Facebook page and @csus.families on Instagram

Customer Service

Students-with-Children

The Parents & Families Program office (Lassen 2205) provides services in person, and by phone and email. We offer advising, resource referral, advocacy, sign CalWorks paperwork, and help student-parents navigate the campus and its offices, policies, and procedures.

Parents, Families, and Spouses/Partners

We can help with simple matters, like locating a student ID number; or, we can help when things get complicated, like when a health crisis happens during finals week. We're here for you.

Contact information

Family Helpline: (916) 278-3399
email: parentsfamilies@csus.edu

Director, Haley Myers Dillon

phone: (916) 278-4353
email: haley.myers@csus.edu

Creating Community

Students-with-Children

Parents & Families strives to create a sense of community among our Hornet family. For those of you who are students-with-children, we host monthly events, have a Facebook page, partner with the Children's Center, and are educating the campus staff and faculty about who you are and your needs. We connect students-with-children to other parenting students for things like childcare share/study days, carpooling, and peer-to-peer mentorship. We know you can't always make it to campus events, but we want you to be able to reach out to us and get your questions answered and your needs addressed. We strive to be your single point of contact outside of childcare on campus.

We are working to make improvements to help you feel at home on campus.

We have a Family Friendly Campus Taskforce that meets each semester to work on student-parents' priorities. We administer the Hornet Family Study Care Grant to pay half of Pell-eligible student-parents' childcare fees. We offer Hornet Family Study Care Day Camp on select Saturdays for children ages 5-15 to help student-parents study. We received a grant from University Enterprises to purchase and install 10 diaper changing stations across campus in 2019. We also developed a volunteer leadership opportunity for Student-Parents called the Student-Parent Ambassadors.

Please tell us about your experience as a student-parent at Sac State, and let us know what you need. You can sign up for services or simply sign up to get our e-newsletter at csus.edu/parents and click on "students-with-children."

Resources for Students-With-Children

CalWORKs paperwork

Parents & Families Program Lassen 2205, M–F 9 a.m.–5 p.m.
parentsfamilies@csus.edu
csus.edu/parents

Children's Center

Low-and no-cost childcare, depending on income and availability. Apply in person; $10 fee. asi.csus.edu/programs/childrens-center

Family Study Space

Library–key at front desk, 1st floor.

Mother's Rooms

- Amador 500
- Children's Center–special care room
- Sequoia 303
- University Union–1st and 2nd floors; keys at info desk

Diaper Changing Stations

Women and men's restrooms:

- Riverfront Center–1st floor
- Eureka Hall–1st floor
- AIRC – 2nd floor
- Lassen Hall–2nd floor women's restroom only
- University Library–2nd floor
- University Union–2nd and 3rd floor
- Ernest E. Tschannen Science Complex

Parent, Family, and Spouse/Partner Support

Families, parents, and spouses/partners are the support system for our students. When they turn to you, you can turn to us. There are many opportunities to connect with us and join our community. See csus.edu/parents for more information.

On campus, we host events such as Orientation, Family Weekend, and monthly Town Hall Calls.

We have a group for lighthearted events like The WELL 5k fun run, and Sac State invites families to athletic events like baseball games. We also host Student Academic Success Day, Open House, and commencement. Sac State looks forward to welcoming you to campus and hosting events when it is safe for people to gather in large groups.

What Parents Say About Our Communications

"As a freshman mom, I find the information very helpful and comforting!"

—Gina Giordano Scrima

"Love your Facebook posts. They really make me feel like there is someone helping us novice parents!"

—Michele Poloka

Parent Ambassadors

Parent Ambassadors represent parents and families of current students to campus leaders and the public.

Join our Monthly Zoom Calls

Join our Zoom video conferences to learn more about what's happening on campus, to ask questions, and to share updates about your student. We host Zoom calls the last Friday of every month at 11 a.m., September through May. Check our website and Facebook page for the link.

Parent ambassadors:

- Connect with other parents and families
- Attend meetings and events
- Advise Sac State leaders
- Support the University

2020–2021 Parent Ambassadors

Aury Gutierrez-Zavala, Elk Grove

Aury Gutierrez-Zavala has two children attending Sac State. Her daughter, Andreya, is majoring in Child Development and Brendon is majoring in Kinesiology. Aury is a Hornet, too! She received her bachelor's and master's degrees from Sac State. Aury speaks English and Spanish. Ask her a question at agutierrez@shcs.ucdavis.edu.

Jesus and Leslie Neri, Norwalk

Leslie and Jesus's son Eric is going into his fourth year at Sac State and is majoring in civil engineering. Eric is the first in their family to attend college. Leslie and Jesus speak Spanish and would be happy to answer your questions about your student's transition to college life. Email them at leslienjez@yahoo.com and jesseneric@yahoo.com.

Jeff Ingles, Citrus Heights

Jeffrey and his wife Brenda have two children attending California State University, Sacramento. Their son graduated in 2018 with his B.A. in Child Development and is now working to complete his Master of Education. Their daughter plans to apply to veterinary school with her B.S. in Biological Sciences. Both students live at home and commute to campus. Jeffrey is a 1982 Sac State graduate and an Alumni Association Life Member. Ask Jeffrey a question at ingles1958@gmail.com.

John and Jodean Giese, La Crescenta

John and Jodean live in southern California in the San Gabriel Valley. Their son Robert is studying Electrical Engineering here at Sac State. John loves to be useful to others and to support parents who want to step up into leadership positions. Jodean is happy to help Sac State parents in any way she can with Parents & Families Program events and services. Email John at john@gieses.com; Email Jodean at jodean@gieses.com.

Armando and Brenda Rosales, Oxnard

Armando's daughter and Brenda's stepdaughter, Alyssah Rosales, is majoring in criminal justice and is going into her 4th year at Sac State. Brenda is a Parent Ambassador because she wants to show Alyssah an example of how to be involved at Sac State. Mando wants to make parents feel comfortable and confident that their child and family selected the right school. Email Brenda at bramire86@gmail.com and Mando at mando1213@gmail.com. They speak English and Spanish.

Keena Martin, Sacramento

Keena's daughter Caprice is a sociology major at Sac State, and her experience navigating her new campus inspired Keena to become a Parent Ambassador during the 2019–2020 year. Keena wants to support other Sac State parents as they watch their own children grow as students. Email her with questions at martinkeena19@gmail.com.

Lisa Meline, Sacramento

Both Lisa and her husband are Sac State alumni from the Mechanical Engineering program; their youngest son is now a Sac State student majoring in Flute Performance. As a Parent Ambassador, Lisa loves to help guide other parents through university policies and guidelines so they better understand what their students experience on campus. You can email her at lisa@meline.com.

Apply to be an Ambassador!

If you are interested in serving as a Parent Ambassador, please apply at csus.edu/parents. The commitment involves attending an annual training, providing input to campus leaders, volunteering at a few strategic campus events, joining our monthly Zoom calls, and providing an email address for other parents to contact you.

Hornet Lingo

We seem to have our own language at Sacramento State! Here are some terms to help you understand this new vocabulary.

Academic Advisor: A faculty or professional staff member who helps students develop an academic plan toward graduation.

Academic Probation: Students are placed on Academic Probation when their overall Sac State grade point average (GPA) or major grade point average falls below 2.0. It must be improved the following semester or the student will be dis-enrolled due to lack of satisfactory academic progress.

Add/Drop Period: A two-week period at the beginning of each semester during which students can add or drop classes without penalty.

ALEKS PPL: A diagnostic math placement assessment for new students in STEM and nursing majors. It is also used for some chemistry classes. This assessment is composed of three stages that must be completed before students take math classes. Learn more at csus.edu/math—under the "Courses" box, click on "Diagnostic Exams."

ASI (Associated Students, Inc.): ASI offers programs and services for students, by students. Examples:

student government, KSSU student radio, Peak Adventures, the Aquatic Center, and campus farmers markets.

Canvas: Sac State's new web-based learning management system that many instructors use to post course information, create discussion boards, and where students can submit term papers and homework. csus.edu/canvas

Commuter Pass: Students can ride Sacramento Regional Transit buses, the Light Rail system, and e-tran (Elk Grove-area buses) for free with a OneCard and current semester commuter sleeve. Students can get commuter sleeves at the ASI Office, the Bursar's Office, or at the University Transportation and Parking office.

Crashing: Attending an academic course at the beginning of the semester without having registered for it, in the hopes the professor will add the student to the class roster.

Credit/No Credit: An alternative grading option offered for some courses. Students simply pass (receive credit) or fail (no credit) instead of a traditional letter grade.

DSP (Directed Self Placement): A test freshmen take to determine placement into English courses. csus.edu/undergraduate-studies/writing-program/directed-self-placement

Epicure Extras: Free leftover food from campus events made available to students via a push notification from the Sac State Mobile app.

FAFSA (Free Application for Federal Student Aid): Annual application students must file with the U.S. Department of Education to determine financial aid eligibility if they wish to receive federal, state, or CSU financial aid.

FERPA (Family Educational Rights and Privacy Act): A federal law establishing the privacy and protection of student education and financial records.

GE (General Education): Classes that broaden skills and knowledge beyond a student's major; many are required for graduation.

GPA (Grade Point Average): An average calculated by dividing the grade points earned by the number of credits attempted. A 4.0 average equals an "A" average, 3.0 equals a "B" average, etc. Students must carry a 2.0 GPA to remain in good academic standing.

GR (Graduation Requirement): Courses and other requirements students must complete to graduate and earn a degree.

Hold: A penalty placed on a student's account that prevents him/her from registering for classes or accessing services until it is cleared.

Hornet Bucks: An on-campus debit system administered through the University. Students may deposit money into their OneCard account in a variety of ways (online, through machines on campus) and students can use those funds on and off campus.

Hornet Express: A free bus service that shuttles students to nearby on-and off-campus destinations.

Hornet Safety Escort: A free bus service and safety precaution that shuttles students to on-and off-campus destinations at night. It operates on campus 6 p.m. to 12 midnight, Monday through Thursday during fall and spring semesters. Call 916-278-7260.

My Sac State: Sac State's "self-service" website where students conduct important business (e.g. pay tuition, check financial aid, check grades, register for classes, etc.).

OneCard: Official University student identification card.

Prerequisite: Course(s), skills, or knowledge a student must successfully complete or demonstrate prior to enrolling in a course.

Priority Registration: A window of time when eligible students can register for courses before the regular registration period begins.

RA (Resident Advisor): Paraprofessional student staff member in the University Housing Services who oversees, assists, and lives with residents in the residence halls.

SacLink: Student email account provided by Sac State. Both prospective and current students receive important University communications through SacLink email accounts and should check this account regularly. Official messages are ***not*** sent to personal email accounts.

Sac State Mobile: The official University mobile app, available in the Apple iTunes or Google Play store. Students can get real-time parking availability; use the Roommate Finder; add, drop, or swap classes in their student center; and more.

Syllabus: A summary of course expectations and a schedule for homework provided by instructors. Explains assignments, course requirements, grading policies, gives instructor contact info, and office hours and location. Used frequently throughout the semester.

The WELL: A recreation and wellness activity center and centralized location for student health and fitness. The facility houses Student Health and Counseling Services, a pharmacy, a gym, basketball courts, a rock climbing wall, and provides basic medical care.

Transfer Credit Report: A report that includes all coursework transferred to a student's academic record. A transfer credit report is generated by a Transfer Credit Evaluation (TCE) which all students transferring to Sac State must undertake.

Wait List: Sign-up sheet that professors use for courses that have been filled with the maximum number of students. Students who wish to add a class that has a full roster may be able to get on a wait list. Not all courses have wait lists.

Redefine the Relationship

If your student moved away from home...

Stay connected. A student's life is filled with social activities, studying, writing papers, and taking tests. Staying connected means talking about important matters such as payment deadlines, grades, and health and wellbeing on a regular basis.

Visit occasionally. New students appreciate visits from parents/guardians — especially when accompanied by shopping trips or dinners out! Short visits can give your student an opportunity to share significant aspects of their lives, such as friends and activities. Be sure to ask your student about good timing for a visit.

Don't worry! When students' lives become too stressful to handle (a flunked test, a fight with a friend or significant other, and a shrunken T-shirt all in the same day), they will turn to you. It may feel like your student complains more than anything, but listening and congratulating them for positive news like the "A" paper can be one way to offer support.

Expect change. Expect your student's behavior and personality to change. These changes are typically part of a student's personal development. Although you cannot stop these changes, you can work to understand and accept your student.

Allow Change:

Expect your relationship with your student to change as they become more independent.

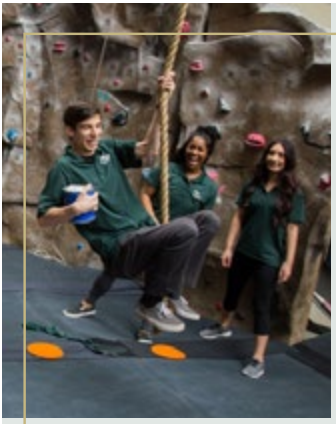
Don't ask if they're homesick. The first few weeks of school are packed with opportunities like HornetWOW, three weeks of welcome activities, for students to make new friends and adjust to a new lifestyle. Your student may escape the symptoms of homesickness at first, but remember if /when it hits, homesickness is normal.

If your student lives at home...

Consider your student's changing lifestyle. Your student's household and family responsibilities may need to change. Students who were once caretakers or employees in the family business may need to reevaluate their schedule to make room for increased study time.

Allow for a different study environment. A distracting home environment may also affect your student's new study schedule. Encourage your student to explore Sac State's quiet study facilities, the library, study groups, and tutoring.

Encourage small social risks and self advocacy. Studying is not the only way to achieve a good GPA. Research shows that students are more successful when they have multiple ways to connect with faculty and peers. Encourage students to talk with professors and other students in their classes to make new acquaintances and have contacts for times when coursework becomes challenging. Then, when they need help with material, remind your student to reach out to those people for the help they need.



Looking for a job on campus?

Check out ueijobs.com.

Students can gain valuable experience and put some cash in their pocket with a part-time position. University Enterprises, Inc. (UEI), provides real-world job opportunities for college students both on and off the Sac State campus. Many positions are related to a specific major. It's a great way to gain experience in their field of study!

To be considered for a student position they'll need to be enrolled in and maintain a part-time course load.

Get started!

Visit **ueijobs.com** to see open positions and apply online.

Call UEI Human Resources at **(916) 278-7003** or email **ueijobs@csus.edu** for more information.

UEIjobs Take the right step towards your future with **ueijobs.com**!

University Enterprises, Inc. SACRAMENTO STATE

Student assistant positions available through ueijobs.com aren't Sac State positions. After you're hired, your employer of record is University Enterprises, Inc.

Housing

Living on campus

Living on campus can have a significant positive impact on your student's academic success and personal growth. Students who live on campus have easier access to University resources and are more engaged than those who live off campus. Similarly, studies by retention experts* demonstrate that "engaged students" are more likely to stay in school than those students who feel disconnected from the collegiate environment. Living on campus is one of the best ways for your son or daughter to be connected to the University and find their place on campus.

Cost

Room and board costs and payment plans for the semester and academic year can be found at csus.edu/housing.

Residence hall life

Housing accommodates approximately 2,100 students and consists of five three-story residence halls and one four-story apartment-style suite building. All on-campus housing facilities are located on the northeastern side of the University surrounding a central Dining Commons and quad area. Each building is staffed by live-in professionals and trained student-staff Resident Advisors (RAs). Each front desk is staffed by a student Desk Attendant who assists with mail, work requests, and questions.

Our "traditional" residence halls (all five of the three-story halls) are primarily designated for first-year residents, but upper division students may also live in two of them (Sierra or Sutter Halls). The American River Courtyard (AMC) primarily houses students who have sophomore or above class-level status, as well as eligible first-year students who are 20 years or older or have completed 22 units or more.

Off-campus housing

The Upper Eastside Lofts are the only off-campus housing affiliated with Sac State. It is within walking distance of campus but the Hornet Shuttle can also take students to and from class.

There are a variety of property management companies such as Nielsen, Heinrich Property Management, and more. Many apartment buildings are close to campus on College Town Drive and La Riviera Drive. East Sacramento, Arden Arcade, River Park, Tahoe Park, and Midtown are neighborhoods where students may find housing. Living with roommates is more cost-effective than living alone. Students can use the Roommate Finder in Sac State's mobile app to find roommates by posting or responding to posts. Students should find roommates for fall semester by August 1.

**The National Student Engagement Survey, 2003; Gregory Blimling, 1989; and Vincent Tinto, 1993.*

BENEFITS OF LIVING ON CAMPUS

- Short, five-minute walk to classes and campus resources
- Make lifelong friends and be part of the vibrant campus life
- Educational, leadership, service, and social opportunities
- Employment opportunities
- Electronic access system on all outside entry doors
- Smoke-free environment
- Recreation, laundry facilities, and study areas available within the halls
- Swimming pools and lighted tennis and basketball courts
- Variety of food and dining options
- Convenience store on site offering coffee, juices, sandwiches, and snacks
- High-speed internet and Wi-Fi access and computer lab/print stations located in all residence halls
- Satellite TV service (over 120+ channels)
- FREE movies each month (Residence Life Cinema)
- Video cameras throughout the complex and police satellite office on site

Family Involvement

Once it is deemed safe by the California State University to gather on campus, we encourage families to visit and get to know the culture of Sac State. Here are traditional events that we look forward to offering in the future:

Move in Day — August

For families moving students on campus and into the Upper Eastside Lofts, the Parents & Families Program hosts a Parent Lounge in the late morning and early afternoon, and a Family Reception in the late afternoon/early evening to celebrate and mark this momentous occasion. See csus.edu/parents for details.

Family Weekend & Homecoming — October

The realities of college life start to set in for students by six weeks into the semester. This is a great time to visit and check on them, so we've timed Family Weekend and Homecoming to coincide. The Parents & Families Program hosts a reception Friday evening from 5–7 p.m. off campus for families to connect with others and share stories. Homecoming takes place Saturday; our tailgate starts at 3 p.m. RSVP at csus.edu/parents.

Festival of New American Music — November

The School of Music hosts the festival of New American Music for one week each November with multiple performances each day csus.edu/music/fenam.

Festival of the Arts — April

The College of Arts and Letters hosts a week-long student and performing arts showcase with multiple events each day csus.edu/festival.

Open House — April

This event invites families to campus to interact with Lassen Hall staff and college departments to ask questions, get information, and see student work.

DEGREES Project Recognition Ceremony — May

Parents, families, and spouses of DEGREES project students are invited to celebrate their student's success on the road to graduation at this free luncheon honoring underrepresented minority students.

Athletic Events — Year-Round

Sacramento State's 19 Division 1 athletics teams include men's and women's basketball, baseball, softball, track and field, and men's and women's soccer on campus. Women's rowing takes place off campus on Lake Natoma at the Sac State Aquatic Center. Ticketing and game schedules at hornetsports.com.

Community Engagement Center — Year-round

The Community Engagement Center provides community service opportunities to parents and students alike. Spring events include the American River Cleanup and Harvest Sacramento. csus.edu/cec

Review these Success Strategies with Your Student

1. **Attend every class** and participate. Skipping class is one of the main reasons students fail.
2. **Meet with professors** during office hours to review difficult material and build a relationship.
3. **Read the class syllabus often.** A syllabus lists material students are expected to learn. A syllabus contains homework assignments, due dates, class policies, and instructor's office hours and contact info.
4. **Ask questions** of professors, staff, advisors, campus leaders, roommates, and friends. Ask in person instead of sending an email.
5. **Use a calendar** to schedule your time each week. Build in time for class, studying, homework, socializing, and other obligations such as club meetings and work.
6. **Attend virtual events** and join organizations. College is an academic experience first and foremost and you are here to learn, but you can also have fun, meet new people, and try new things.
7. **Prepare for exams** and assignments weeks in advance instead of cramming the day before.
8. **Join or start a study group.** Talking through complex materials with others is an effective study method.
9. **Use campus resources** such as the Academic Advising Center, the Career Center, The WELL, Student Health and Counseling Services, Peer Academic Resource Center (PARC) for tutoring, campus computer labs, and the University Library. These resources, along with faculty and staff, create a vital support network.

Privacy and Student Records

The time may come when you want to know more about your student's grades, college-related finances, or on-campus housing. Now that your student is in college, this information is protected by a federal law called The Family Educational Rights and Privacy Act (FERPA), which prohibits the University from sharing student information with anyone other than the student.

While students are in elementary, middle, and high school, FERPA gives parents and guardians the right to access and control their student's education records. In college, this same law transfers ownership of the educational records directly to the student; therefore, parents have no inherent right to view, change, or control the student's education records.

Parents and guardians should talk with their students about the importance of sharing information. If students would like to waive FERPA rights and give parents access to their educational records, they can fill out the form at csus.edu/registrar/forms and submit it to the Student Services Center desk in Lassen Hall.

Student Services Information

Computer Labs
AIRC 2004 Library 2000 and
Floors 1, 2, 3, 4
MND 2004 and MND 2008

Deadlines
Academic Calendar:
catalog.csus.edu/academic-calendar/
Registrar's Office: csus.edu/registrar

Financial Aid & Scholarships
Lassen Lobby, Student Service Center
(916) 278-6554, csus.edu/faid

Student Health & Counseling Services
The WELL, Mon-Fri: 8:30 a.m. - 4:00 p.m.
(916) 278-6461
csus.edu/student-life/health-counseling

Housing & Residential Life
(916) 278-6655, csus.edu/housing

Library
(916) 278-6708, library.csus.edu

Martin Luther King Scholars
Lassen 2201
(916) 278-2655, csus.edu/student-affairs/centers-programs/mlk-scholars

Multi-Cultural Center (MCC)
Library 1010
(916) 278-6101
csus.edu/mcc, mcc@csus.edu

Orientation
Office: Lassen 1010
Event: University Union
(916) 278-7841
csus.edu/apply/student-orientation/
orient.reservations@csus.edu

Parents & Families Program
Lassen 2205
Family Helpline: (916) 278-3399
Office: (916) 278-4353
csus.edu/parents
parentsfamilies@csus.edu

Peer Academic Resource Center (PARC)
PARC provides peer tutoring and supplemental instruction.
Lassen 2200
(916) 278-6010, csus.edu/student-affairs/centers-programs/peer-academic-resource

Police Department
(916) 278-6000, csus.edu/campus-safety/police-department

Pride Center
University Union, 1st floor
(916) 278-8720, csus.edu/pride

Print Stations
Students get $9 of free printing on their OneCard each semester to use at 50+ print stations on campus. csus.edu/information-resources-technology/devices-printing/

Registrar
Lassen 2000
(916) 278-3625, csus.edu/registrar

Veterans Success Center
The center assists prospective and enrolled student veterans and dependents, including help with GI benefits.
Lassen 3003
(916) 278-6733, csus.edu/vets
vets@csus.edu

Women's Resource Center
University Union, 2nd floor
(916) 278-7388, csus.edu/wrc

Is your student interested in an internship off campus?

The California Intern Network is the place to start.

Students can find paid internships in their field of study at our website, **calinterns.org**.

To apply for an internship, students need to be enrolled in and maintain a minimum part-time course load.

Encourage your student to join the California Intern Network!

Open positions and an application form are available at **calinterns.org/students**.

CA Intern NETWORK

Your student will take the right step towards their future with the California Intern Network!

Find us on LinkedIn

Students hired for positions through the California Intern Network are employees of University Enterprises, Inc. (UEI), not Sacramento State or the State of California.
California Intern Network is a full-service program of University Enterprises, Inc., a 501(c)(3) non-profit, tax-exempt, auxiliary organization serving California State University.

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